

Surviving :) the Teenage Brain

While viewing the documentary, complete the questions on a separate piece of paper.

Before watching the video...

1. What are some common stereotypes you hear about adolescents today from the adults in your life or in the media?
2. Do you tend to agree or disagree with these stereotypes?

During the video...

3. Why is it believed that Marshall Xiang able to make his groundbreaking discovery in his first ever experiment with molecular compounds?
4. What changes occurred to the human brain...
 - a. 3 million years ago?
 - b. 300 000 yeas ago?
 - c. What did they mean for the human species?
5. Create a t - chart on your answer sheet and provide characteristics throughout the video of the following parts of the brain:
 - a. Prefrontal Cortex
 - b. The Limbic Brain
6. Who were best able to survive when changes in the environment occurred? Why does this mean adolescents are the key to our survival?
7. Describe neurotransmitters.
8. What influence does dopamine have on the body after we experience the outcome of a decision? What is its affect on the development of the adolescent brain?
9. List some of the “good” risks you’ve taken in your own life, or a “bad” risk that you learned a valuable lesson from.
10. Why are adolescents susceptible to addiction?
11. Dr. Helen Fisher does not believe romantic love to be an emotion. How does she describe it instead?
12. What are some of the strategies she suggests for an adolescent who has had their “addiction” of love rejected?
13. What are modern day adolescents adapting to? Provide a concrete example in your own life of the technological divide between your own peer group and adults in your life (your parents, other family members, teachers, etc).

